



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP LOMA MAR PARENT'S GUIDE

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WELCOME CUBS, BOBCATS, MOUNTAIN LIONS, LIT'S & CIT'S

We are thrilled that you've chosen **YMCA Camp Loma Mar** for your child this summer. In this Parent's Guide many of your questions will be answered. For additional info visit www.ymcaeastbay.org or call the camp office at (650) 879-0223.

ARRIVAL SUNDAY

Please arrive on opening Sunday between 1:00 and 2:30 p.m.

Remember to bring your:

- Admission Form
- \$20-30 Store Money
- Medications
- Health History Form



DEPARTURE SATURDAY

Photo ID is required.

We invite parents and families to join us on Saturday morning for a pancake brunch

- Check-out starts at 9:30am and ends at 11:00am
- Pancake brunch at 9:45am
- Meet and greet 9:30am-10:30am
- If your camper is staying multiple weeks, they will be included in our holdover program at no charge and do not need to leave camp.

CABIN MATE REQUESTS

Please know that cabin mate requests must be mutual (other parents must request your child, too) with campers in the same program and within 1 year of age and grade of one another. We will do our best to honor these requests based on overall camp enrollment and provided they are made at least one week prior to the start of camp. Note: Most campers come alone. Making new friends is a big part of the camp experience! If you have any questions please contact us: 650-879-0223 or email [Curtis Mackall - cmackall@ymcaeastbay.org](mailto:CurtisMackall@ymcaeastbay.org)

BEHAVIOR AT CAMP

At camp, we foster an environment filled with friendship, respect, and character development. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to come to camp and pick up their child.

DIRECTIONS TO CAMP

Our address is 9900 Pescadero Creek Rd., Loma Mar, CA 94021.

Online map programs should give you good directions; however, the easiest way to get to Camp Loma Mar is to come in from Highway 1 and through Pescadero.

NOTE: Highway 84 is a very curvy road, not ideal for those prone to carsickness.

BUS TRANSPORTATION

We offer bus service to and from Camp Loma Mar. **You must sign-up during the online registration process or call the camp office.** Seating is limited and the fee is \$50 for either one-way or round trip, per session. Schedule changes will be communicated via social media or direct phone call.

Bus Schedule: There are two pick-up and drop off locations:

- EM Downer YMCA, 263 So. 20th St, Richmond 94804 - Departure at 1:00pm Sunday, arrive 30-minutes early to check in
 - Oakland YMCA, 2350 Broadway, Oakland 94612 - Departure at 1:30pm, arrive 20-30 minutes early to check in
- Returning bus arrives to Oakland YMCA at 11:45am Saturday and to EM Downer YMCA at 12:30pm on Saturday.

Bus Rules: Stay seated. Keep arms and hands inside, no throwing articles out of the window. Make at least one new friend! Any problems - please alert the Bus Supervisor.



HEALTH & SAFETY

HEALTH HISTORY

Health History forms are required to be completed prior to drop off. State Health Codes also require that Immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication, or has recently been under a doctor's care, a physician's authorization is required for camp attendance. If none of these conditions apply, a doctor's physical is **NOT** required.

PRE-CAMP HEALTH SCREENING

We encourage parents to conduct a routine health screen on their camper the day of arrival at camp. We are especially concerned about contagious conditions including flu, fever, pink eye, chicken pox, bed bugs, or head lice. A screening upon arrival at camp will also be conducted by our counselors. If any camper exhibits symptoms of illness the parents will be responsible for taking them to the doctor.

MEDICATIONS

All medications, including over the counter medications are submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications upon arrival.

INSURANCE

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

HOMESICKNESS

Going away to camp can sometimes be a challenging event for children. We understand parent concerns and will work with you to ensure that your camper has a positive experience. Our first practice is very simple - **PREVENTION**. We find that keeping campers busy is the best anti-homesickness strategy around.

Sometimes, however, children still experience varying degrees of anxiety. We work to help homesick campers overcome their difficulty. Most of the time we are successful.

If your child is not adjusting well, we will phone you to report and discuss possible courses of action.

PLEASE BE SURE TO PROVIDE US WITH COMPLETE EMERGENCY CONTACT INFORMATION. ESPECIALLY IF YOU ARE TRAVELING OR GOING ON VACATION!



Our practice is to call you if a camper is out of program for more than two hours.

Allergies: We will do our best to accommodate the needs of severe allergies. Please contact our Food Service Director, Stacy Letford at least two weeks in advance with questions: sletford@ymcaeastbay.org

Illness: If your camper is sick, please do not send them to camp. Please contact the office and we will try to reschedule their camp session in cases of documented illness. For illness during camp, campers are housed in the Health Center for a brief period, but will need to be picked up if their health does not improve. We will call you if your child is out of program for more than two hours (sometimes they are just tired and need to rest!) We will also call you to report any accidents more severe than a simple scratch or splinter.

MAIL CALL + MORE

PHONE CALLS HOME

There is not an opportunity for campers to call home during the week. However, if a camper is feeling anxious and asks to call home, we will make it happen! We want all campers and parents to feel comfortable with their experience. If a phone call helps, then we will find a time in between activities to work that out. Our staff may also contact you to discuss information about goals, behavior, homesickness, or even a special achievement.

VISITING DAYS

We do not encourage parent visits during programs. Our Saturday pancake brunch provides ample time for your camper to tour you around camp, meet friends, and tell you all about their week.

MAIL

Campers love receiving letters from home while at camp.

SAMPLE ADDRESS

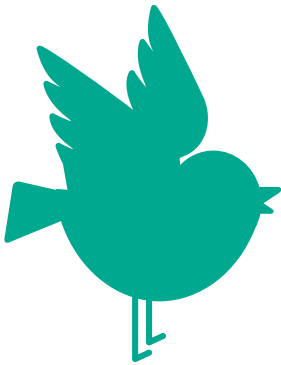
Camper's Name, Session # _____
YMCA CAMP LOMA MAR Cabin _____
9900 Pescadero Creek Rd
Loma Mar, CA 94021

ONLINE PHOTO GALLERY

We offer online pictures for the parents of our campers to view. This service allows you a "one-way window" into camp life. You can also choose to send messages to your child. Please limit messages to 1 per day. Messages are delivered by dinner Monday-Friday. You will receive instructions prior to camp and at check-in for how to enroll. This service requires a small fee paid directly to Waldo Photos. Our photographer tries to include all children in the photo gallery, but due to timing and camera shyness **not all campers will be in a photo every day.**

CAMP STORE

Our camp store sells shirts, souvenirs, drinks, and snacks. Campers do not use cash at the store. Instead, parents deposit \$20-\$30 per week into a store account. Campers can purchase items during the week and "charge" against their balance. Unused store money can be refunded during checkout or donated to the Special Projects Fund at the end of summer.



ELECTRONICS AT CAMP

Camp provides campers a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, netbooks, electronic games, or similar devices. If these items are brought to camp, they will be stored in a secure place and returned to parents at the conclusion of the session.

We are not responsible for damage or loss of any electronics brought to camp.



LOST AND FOUND

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After 2 weeks, we will donate any unclaimed items to a local charity.

EQUIPMENT LIST

This equipment list is planned for **ONE WEEK** at camp. Pack additional items for a two week stay. Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles. Please leave valuables at home. **Pack old stuff!** There's lots of dust and dirt at camp. New clothes/shoes will need a good wash when camp ends.

ESSENTIALS

REQUIRED ITEMS:

- Sleeping bag
- Pillow
- 2 pairs of long pants
- 5 pairs of shorts
- 1-2 sweatshirts or jackets & 1 warm jacket
- 6 T-shirts
- 1-2 swim suits
- 8 pairs of underwear
- 8 pairs of socks
- Pajamas
- 2 pairs of sturdy sneakers & 1 pair that can get wet
- 1 hat or cap with brim
- 2 towels & washcloth
- Toiletries: soap, toothbrush, toothpaste, shampoo
- Comb/brush
- Lip balm, chapstick
- Sunscreen lotion
- Water bottle or canteen
- Flashlight or headlamp

OPTIONAL ITEMS:

- Book, reading materials, journal
- Stationary, stamped envelopes
- Camera
- Sunglasses
- Insect repellent
- Guitar or Drum
- YMCA Rag (if camper has one)
- White 100% cotton t-shirt for tie-dying
- Personal sports equipment that may enhance the camper's experience

NOTE FOR CAMPER'S OF DRIVING AGE:

If you wish to allow your camper to drive themselves to camp, please contact the director to make arrangements.

AVAILABLE ACTIVITIES AT CAMP:

Zip Line, Climbing Tower, Archery, Swimming (Pool & Creek), Arts and Crafts, Field Sports, Slingshot, Paintball, and others. There are no age restrictions on our activities.



PLEASE NOTE: All campers will spend onenight on a camper overnighiter with their cabin. They will cook and sleep outside under the stars.

ASK YOUR CAMPER!

Research shows that intentional questions can produce significant learning and performance benefits.

PRE CAMP ???'s

- What's one new thing you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

POST CAMP ???'s

- What's something new you tried at camp?
- What's the most surprising thing you learned (about yourself) while you were away at camp?
- What's the one thing that makes you want to go back to camp?
- Tell me about your new camp buddy? Favorite camp counselor?



NOT PERMITTED

- Video games
- Candy
- Fireworks
- iPods/iPads
- Alcohol
- Aerosol sprays
- Laptops
- Drugs
- Valuables
- Cell Phones
- Tobacco
- Pets
- Food
- Weapons
- Offensive materials

LAUNDRY

Campers staying **longer than 2 weeks** will be permitted a load of wash/dry during the holdover weekend.